

WAR! What Is It All About?



HAS the whole world gone stark mad over a very foolish and trivial question? Are swords rattling, cannon rumbling, mailed armours glistening just because Russia wanted to show her love for the little brother—Serbia?

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Notice!

Under the law the Sanitary Assessment for the next three months is due Sept. 1, payable at the Sanitary Office. Please pay same promptly and save penalty.

W. R. CRAWLEY, Sanitary Officer for City of Hopkinsville.

VARIETY IN THE MENU

SUBJECT TO WHICH MORE ATTENTION SHOULD BE GIVEN.

Well for Cook to "Think Up" New Ways of Serving Food, With the Idea of Getting Away From Unappetizing Monotony.

Perhaps in no department of woman's work is it so easy to get into a groove as in catering. However good the food may be, it fails to be appreciated as it should, if it lacks variety. To avoid this, it is a wise plan to keep a menu book, also notes of new dishes to be tried, and also frequently to consult a cookery book to refresh the memory and stimulate one of the new ideas.

Lists are also most valuable, as it is well worth the trouble to arrange them for reference; a list of breakfast dishes, one of meats and joints, another of sweets, and one of cakes, would do much to avoid monotony.

Now breakfast dishes in these days of high-priced eggs and bacon do present a difficulty, and both forethought and extra time for preparation are needed here. Rissoles may be made out of mere scraps of meat and potatoes; half a pound of sausage meat will make quite a large dish. Remains of tongue, beef, or ham can be minced and flavored and mixed with crumbs and served on hot toast, or heated with thick gravy and served on a fried creton, or used to stuff tomatoes or eggs, or to fill a savory pancake. Ox kidney and New Zealand kidneys can be stewed, curried, or made into kidney toast; kedgeree can be made with either fish or eggs; haddock toast, or fishcakes, steaks of hake or cod fried, filets of haddock dipped in batter and fried, grilled mackerel or herrings, are all good. The occasional bacon can be helped out with fried bread one morning, saute potatoes another, and a third used merely as a garnish to a dish of sheep's liver. Homemade potted meat, beef-and-bacon galatin, and rabbit pie or mold all help to make a change; and please add scones or hot rolls occasionally, and a dish of fresh fruit once or twice a week.

A beetroot simmered in strong, clear stock is nice, or carrots boiled in stock and put through a sieve, and the puree made the right consistency with nicely flavored stock. A puree of brussels sprouts or marrow are both good, and onion, celery, tomato, lentil, or haricot soups are all easily made; so is a smooth white soup, half milk and half water, with onions, potatoes, and leeks simmered in it, and rubbed through the sieve.

Of fish, again if the more expensive kinds are tabooed, there is a fresh haddock, boiled, with parsley sauce, or stuffed and baked; cod fried in batter, with pickled walnuts; grilled whiting, stuffed or baked mackerel, or hake with horse-radish sauce.

Lemon Ice Cream.

One quart sweet cream, yolks of six eggs, white of one egg, three-fourths of a pound of sugar, juice of four lemons, juice of one orange, grated peel of three lemons.

Mix the lemon and orange juice together; add some of the sugar and boil in a double boiler. Strain to cool in a bowl and then add the peel. Let the mixture then stand an hour before freezing. In the meanwhile make a custard of the cream, eggs and sugar, cooking this carefully in a double boiler and seeing that it does not curdle; let the custard cool, then freeze it for awhile, and after this mix in the fruit juice and finish the freezing. Three or four whole eggs may be used instead of the six yolks.

Baked Halibut.

Three or four pounds of halibut. Dip the dark skin in boiling water and scrape clean. Rub well with salt and pepper. Put into pan and pour milk over it till half an inch deep. Bake about an hour, basting with the milk. When the fish is nearly done sprinkle buttered crumbs over the top. The milk keeps the fish moist, is a good substitute for pork and makes the fish brown better. Use just enough milk to taste and let it cook away toward the last. Serve with plain drawn butter, egg sauce or tomato sauce and garnish with slices of hard-boiled eggs.

Codfish Soup.

One-half turnip, one to two parsley roots (or leaves, if not roots), three onions. Slice all these and boil until done in two quarts of water, then add cupful shredded codfish and boil a little longer. Take one cupful milk, one egg, one tablespoonful flour. Beat this well together and add to the above. Let thicken and then season with little ginger and pepper. By cooking fresh fish until it can be removed from the bones you can make same as codfish soup, only add a little salt and butter size of an egg.

Orange Ice.

Four cupfuls water, two cupfuls sugar, two cupfuls orange juice, quarter cupful lemon juice, grated rind of two oranges. Make a slush by boiling water and sugar 20 minutes, add fruit juice and grated rind; cool, strain and freeze.

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